

Adult Outdoor Soccer Rules

Hastings Parks & Recreation Department

Team managers are expected to communicate all rules to their respective team

MHSL rules apply except for the following modifications:

A. Code of Conduct & Park Rules

1. Code of Conduct

- Managers are expected to set an example of good sportsmanship and fair play, and are responsible for the actions of their players
- Profanity or verbal sparring between players, managers or spectators in the vicinity of the playing field will not be tolerated
- Participants should never shove, strike, use abusive language, make gestures towards or threaten another player or referee
- Incidents involving anything stated above may result in a red card and ejection

2. Park Rules

- Managers are responsible for cleaning up after their teams
- Beer & wine/wine coolers are allowed at Veterans Park
- Veterans Park is a tobacco free park

B. Rosters

1. Roster Eligibility

- Players must be sixteen (16) years of age or older to participate, players under eighteen (18) must have parental consent to participate
- Players must be listed on the official roster/waiver to play in season or tournament games
- No player may play on two (2) different teams in the same league

2. Official Roster/Waiver

- Each team will submit an official roster/waiver on the day of their first game at the field
- Each player must fill out the roster/waiver form completely
- A maximum of twenty (20) players can be listed on the roster at one time

C. Equipment

1. Soccer Balls

- Each team is responsible for providing one (1) size five (5) game ball

2. Cleats & Shin Guards

- Outdoor cleats are allowed and highly recommended
- Shin guards, covered by socks, MUST be worn at all time

3. Uniforms

- Uniforms do not have to be identical but must match in color
- Goalies must wear a unique uniform that is different from their team color

D. Referees, Bookings & Ejections

1. Referees

- Referees have complete authority during a game
- Referees can award yellow or red cards to managers, players, coaches or spectators
- Referees can cancel a game if inclement weather hits during a game

2. Bookings

- Players who receive one (1) yellow card must be subbed out for a minimum of two (2) minutes
- Players who receive two (2) yellow cards in one (1) game will be ejected and the team will play one man down the remainder of the game
- Players who receive one (1) red card will be ejected and the team will play one man down the remainder of the game

3. Ejections

- Any player that is ejected must leave the park premises immediately and may not return to the park for the remainder of the day
- The ejected player will also be suspended for the next scheduled game
- If a player is ejected twice in the same season that player will be suspended for the remainder of the season and tournament

E. Regulation Game

1. Length of Game & Grace Period

- There will be two (2) twenty five (25) minute halves with a five (5) minute half time
- There is a ten (10) minute grace period for teams who do not have a minimum of five (5) players
- Game time still begins at the originally scheduled start time if the grace period is used

2. Number of Players

- A team must field a minimum of five (5) and no more than seven (7) players
- A team falling below five (5) players at any time during play will forfeit the game

3. Forfeitures

- Forfeits will be scored as a 2 – 0 loss

4. Inclement Weather

- Games shortened by inclement weather or for administrative reasons will be official if one (1) full half has been completed

5. Offside's

- There is no offside's

6. Sliding

- No field player is allowed to slide at any time during the game
- Goalies may slide inside their own goal box

7. Substitution

- Players can sub “on the fly” during the game
- A new player cannot play the ball or influence play until the exiting player is completely off the field

8. Restarts

- Throw ins will be used when the ball goes out of play on sidelines
- Goal kicks or corner kicks will be used when the ball goes out of play on goal lines
- Goal kicks, punts/drop kicks & throws by the goalie cannot go past the center line without first touching another player or the ground, the penalty will be a free kick for the other team at the center line
- All free kicks are direct, players must stand a minimum of ten (10) yards from a free kick
- Once the ball is gathered for a restart, the ball must be put into play within five (5) seconds

F. Standings & Tournament Games

1. Regular Season Standings

- Win – 3 points (1.5 points against an opponent you play twice)
- Tie – 1 point (.5 points against an opponent you play twice)
- Loss – 0 points

2. Seeding Determination

- Seeding will be determined by a team’s regular season record
- If two or more teams have identical records the following tie breaking order will determine the better seed:
 - A. Team with better head to head record
 - B. Team with better goal differential in head to head games
 - C. Team with better goal differential in all regular season games
 - D. Coin Flip

G. Scheduling & Cancellations

1. Cancellations

- Call the weather hotline at 651-480-2392 for information about cancelled games

2. Make Up Games

- There are a predetermined amount of rain dates reserved that will be used to make up any cancelled games
- Make up games will be played at the end of the regular season on normal league nights
- The Park and Recreation Department reserves the right to use days other than normal league nights, if necessary, to make up games
- The Park and Recreation Department cannot guarantee all canceled games will be made up